

How to Perform Home Enfleurage

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Enfleurage is the method by which you can produce essential oil by drawing the scent out of a flower of your choice. One method is to use moisturising cream (which is described in [Make Jasmine Scent Using Enfleurage](#)). The general method described here is suitable for a range of flowers and makes use of oil and pure alcohol to extract the scents. Be aware that this is a long process that requires much patience and dedication!

Edit Ingredients

Grapeseed, sweet almond or jojoba oil (enough to fill a jar)
Flowers of choice (scented and human-safe)
Ethyl alcohol (equal amount to oil)

Edit Steps

- 1
Pick flowers from the plant you have chosen to use.
- 2
Remove the stalks from the flowers, so that you are left with the flowers.
- 3
Fill a glass jar with the chosen oil.
- 4
Add the flowers to the jar. Set aside for 24 hours. After 24 hours have passed, remove the flowers. Squeeze the flowers over the jar to allow all of the liquid to fall back into the oil.
- 5
Pick new flowers and add these to the jar. You will need to repeat this process for about 2 - 4 weeks, until you notice that the oil is sufficiently scented for your requirements.
- 6
Add the pure ethyl alcohol to the oil. Screw on the lid.
- 7
Shake the oil and alcohol mixture daily for another 2 weeks. The alcohol will always sit atop the oil.
- 8
Pour the alcohol off the oil into a container. It forms the basis of the essential oil and can be used as needed. It is best kept in a dark glass bottle with a lid.

Edit Tips

Wear disposable gloves if you don't want to get messy hands.
Discard the olive oil or make a new batch using the same flowers.

Edit Things You'll Need

Glass jar with lid
Glass bottle, phial or tube, dark (to prevent light penetration), with lid for storage of the essential oil once made

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